



A/P SPECTRUM

Every disappointment deserves a response. Every response needs an ideal balance of accepting and protecting.

SELF-DESTRUCTIVE	SELF-DEPRIVING	SELF-RESPECTING	SELF-RIGHTEOUS	SELF-CENTERED
DESTRUCTIVELY OVER-ACCEPTING UNDER-PROTECTING	OVER-ACCEPTING UNDER-PROTECTING	IDEAL BALANCE OF ACCEPTING & PROTECTING	OVER-PROTECTING UNDER-ACCEPTING	DESTRUCTIVELY OVER-PROTECTING UNDER-ACCEPTING
PLEASERS			DEFENDERS	
Exploited Checked Out Co-Dependent Resentful Weak	Complacent People Pleasing Capitulating Martyr Passive	Clear Reasonable Kind Courageous Satisfied	Controlling Intolerant Smug Critical Rigid	Aggressive Punitive Contentious Abandoning Manipulating

